

Code	NAME	Energy Value (kcal)		Protein (g)		Carbohydrate (g)		Tot.Sugar (g)		Fat (g)		Sat.fats (g)		Dietary Fibre (g)		Salt (g)	
		portion	100g	portion	100g	portion	100g	portion	100g	portion	100g	portion	100g	portion	100g	portion	100g
XMAS SPECIALS																	
152	crab & champagne dumpling gf	130.6	150.2	5.9	6.8	17.1	19.6	1.2	1.4	4	4.6	1.1	1.3	0.2	0.3	0.58	0.67
218	mushroom & chestnut griddled gyoza vg	131	161.7	2.8	3.5	22.2	27.4	2.3	2.8	3.5	4.3	0.5	0.6	1.7	2.1	0.84	1.04
269	vegan pulled pork spring roll vg	211.8	238.0	9.5	10.7	21.5	24.2	9.4	10.6	9.0	10.1	1.7	1.9	2.2	2.5	1.6	1.8
232	black & gold custard bun v	298.8	249	8.4	7	42	35	3.6	3	10.6	8.8	1.4	1.2	0	0	0.5	0.41
NIBBLES																	
224	prawn crackers gf	122.5	266.4	0.3	0.6	21.3	46.3	5.7	12.4	4	8.7	0.3	0.6	0	0	0.49	1.05
264	edamame with celery sea salt vg gf	179.8	119.8	17.7	11.8	13.2	8.8	3.2	2.2	7.7	5.1	0.9	0.6	7.7	5.1	1.5	1
62	kimchi gf	43.8	35.0	2.6	2.1	9.0	7.2	1.9	1.5	0.1	0.1	0.0	0.0	1.3	1.0	2.3	1.8
83	chilli cucumber vg gf	175.5	58.5	3.7	1.2	13.2	4.4	11.9	4	12	4	0.9	0.3	2.6	0.9	2.1	0.7
287	long stem broccoli vg	100.0	100.0	4.4	4.4	7.8	7.8	6.3	6.3	5.8	5.8	0.7	0.7	3.1	3.1	0.6	0.6
SOUPS																	
180	braised beef noodle soup	283.4	88.5	13.8	4.3	43.1	13.5	3.3	1	6.1	1.9	2.9	0.9	0	0	3.1	1
76	creamy tofu & enoki noodle soup	390.2	184.1	16.6	7.8	48.4	22.8	0.7	0.3	13.8	6.5	1.8	0.9	0.9	0.4	3	1.4
189	sichuan chicken noodles	377.8	125.1	16.1	5.3	74.2	24.6	2.2	0.7	2	0.7	0.5	0.2	1.8	0.6	1.5	0.5
190	sichuan vegan noodles vg	373.5	122	13.8	4.5	76.3	24.9	2.3	0.8	1.7	0.6	0.3	0.1	2.8	0.8	1.5	0.5
RICE																	
356	chicken katsu rice bowl	534	174.5	26.3	8.6	68.8	22.5	6	2	17.6	5.8	2.3	0.8	4.8	1.6	3.3	1.1
371	Vegan katsu curry rice bowl	638	19.3	21.3	6.5	85.6	25.9	15.4	4.7	21.9	6.6	4.3	1.3	0.4	0.1	1.6	0.5
39	seafood sticky rice gf	181.8	129.9	3.8	5.4	9.1	13	1.9	2.7	4.4	6.2	0.7	1	0.4	0.5	0.79	1.13
38	vegetable sticky rice vg gf	154.6	110.4	0.9	1.3	8.8	12.6	2.8	4	4.3	6.1	0.7	0.9	0.5	0.7	0.56	0.79
69	honey chicken rice pot gf	329.5	118.9	16.7	5.1	61.4	18.6	9.6	2.9	9.8	3	1.7	0.5	3.4	1	3.7	1.1
242	mushroom black bean rice pot vg	445.6	131.8	16.2	4.8	65.9	19.5	10.3	3.1	13.4	4	2	0.6	4	1.2	2.9	0.8
2	steamed jasmine rice vg gf	226	133	3.9	2.3	52	31	0	0	0.7	0.4	0.2	0.1	n/a	n/a	0.02	0.01
BAOS																	
243	chilli prawn bao	1225.2	226.9	44.6	8.3	147.2	27.3	25.2	4.7	50.3	9.3	4.8	0.9	1.2	0.2	3.4	0.6
321	crispy duck bao	1169.6	221.6	66.3	12.3	116	21.5	35.1	6.5	52	9.6	12.9	2.4	1.6	0.3	4.9	0.9
326	vegan golden fillet bao	1071.6	258.8	35.1	8.5	124.5	30.1	16.2	3.9	45.8	11.1	7.8	1.9	0.6	0.2	1.6	0.4
CRISPY																	
319	smoked chilli chicken wings gf	528	170	30.6	9.9	26.1	8.4	23.5	7.6	33.7	10.9	6.1	2	0.6	0.2	4.1	1.3
188	ping pong fried chicken	557.2	242.2	24.3	10.5	50.7	22	15.5	6.7	28.4	12.3	3	1.3	1.9	0.8	3.2	1.4
56	honey glazed ribs gf	845.3	281.8	41.8	13.9	57.1	19	55.7	19	50.3	16.8	12.4	4.1	1.9	0.6	6	2
32	prawn toast with sesame seeds	220.2	367	5.8	9.7	5.8	9.6	0.9	1.5	19.4	32.3	3	5	0.3	0.5	0.6	0.99
363	crispy tofu vg	320	356	11.4	12.6	25.4	28.2	0.7	0.8	18.7	20.7	2.2	2.4	0.6	0.7	0.58	0.64
28	vegetable spring roll vg	216.7	261	3.2	3.9	23.2	27.9	0.4	0.5	12.3	14.9	1.9	2.3	3.2	3.9	1.5	1.8
26	duck spring roll	234.3	312.3	7.5	10	21	28	4.1	5.5	13.5	17.9	3.5	4.7	1	1.4	0.4	0.54
186	potato edamame cake v	115.7	144.6	2.3	2.8	15.5	19.4	0.8	1	5.1	6.3	1.1	1.3	1.1	1.4	0.24	0.29
BUNS/PUFFS																	
23	char sui bun	229.5	244.1	6.7	7.2	48	51.1	20.8	22.1	1.5	1.5	0.4	0.4	1.7	1.8	1.2	1.2
179	vegetable bun	122.3	112.2	2	1.8	25.2	23.1	9.4	8.6	1.6	1.5	0.3	0.3	1	0.9	0.37	0.34
1	roast pork puff	490.7	377.5	11.1	8.6	48.3	37.2	14.9	11.5	28.3	21.8	7.1	5.5	1.6	1.2	1.6	1.2
182	cantonese mushroom puff v	406.3	270.9	5.6	3.7	34.3	22.9	2.5	1.7	27.6	18.4	15.4	10.2	1.8	1.2	1.4	0.9
DUMPLINGS																	
354	shanghai chilli spinach mushroom wonton vg	291	200.7	14.3	9.8	28.1	19.4	12.2	8.4	14.1	9.7	1.6	1.1	2	1.4	1.4	1
132	black prawn dumpling gf	132	147	7	6.3	18	20	1.8	2	3.15	3.5	1.35	1.5	3.15	3.5	0.95	1.05
11	pork prawn shu mai	189	225	10.8	13	12	14	2.1	2.4	10.8	13	3.3	3.8	0.3	0.3	1.26	1.5
7	har gau gf	120	161	5.7	7.7	14.7	19	0.9	1.1	6	7.9	0.9	1.2	0.3	0.2	0.54	0.73
6	prawn and chive dumpling gf	128.8	171.7	5.1	6.9	15.3	20.4	1.5	2	5.3	7	0.8	1.1	5.1	6.9	0.7	0.93
109	shanghai xiaolongbao	172.8	198.6	10.1	11.7	20.1	23.1	1.3	1.5	5.9	6.8	1.6	1.9	1	1.2	0.86	0.99
172	purple xiaolongbao with chicken	99.9	148	4.2	6.2	14.5	21.5	3.6	5.4	2.7	4	0.75	1.11	0.2	0.3	0.54	0.8
137	chicken and cashew nut dumpling	134.2	165.6	8	9.9	20.9	25.8	2.8	3.5	2.7	3.3	1	1.2	1.1	1.3	0.78	0.96
19	spicy chicken chinese veg dumpling gf	110.3	136.2	3.9	4.8	19.4	24	1.6	1.9	3.9	4.8	1.5	1.9	0.1	0.1	0.99	1.22
999	flaming phoenix – chicken dumpling	200	239.1	7.3	8.6	36.2	43	4	4.7	2.9	3.4	0.7	0.8	0.9	1	1	1.2
17	spicy chinese vegetable dumpling vg gf	109	134.5	0.5	0.7	21	26	2	2.5	4.5	5.6	1.7	2.1	0.2	0.3	1.1	1.4
207	vegan pork griddled dumpling	157.7	169.5	6.9	7.4	23.7	25.5	2.5	2.7	3.9	4.2	0.5	0.6	2.8	3	0.65	0.7
225	spinach and mushroom griddled dumpling vg	114.4	152.5	6.1	8.1	24.1	32.1	3.2	4.3	2.3	3	0.4	0.5	1.2	1.6	1.4	1.8
124	griddled spicy beef gyoza	198.4	206.7	8.6	9	21.6	22.5	3	3.1	8.8	9.2	1.1	1.2	1.2	1.3	0.79	0.83
DESSERTS																	
46	chocolate fondant (without ice cream) v gf	451.8	502	4.59	5.1	32.49	36.1	28.62	31.8	33.3	37	8.01	8.9	2.07	2.3	0.08	0.09
133	passionfruit & mango mochi vg gf	69	215	0.4	1.1	10	32	7.6	24	2.9	9.1	2.4	7.6	0	0	0.03	0.09
	vanilla mochi v gf	73	228	0.9	2.7	12	37	8.8	28	2.3	7.2	1.4	4.4	0	0	0.05	0.15
	coconut mochi v gf	82.24	257	0.96	3	82.56	258	1.28	4	82.88	259	1.6	5	0	0	0.04	0.11
	honey roasted pistachio ice cream mochi v gf	71	223	1.2	3.8	38	12.2	26	8.3	9.4	3	4.6	1.5	0	0	0.15	0.048
53	ice cream / sorbet vg gf																
	vanilla	134.4	224	2.6	4.4	11.8	19.7	11.8	19.7	8.1	13.5	4.9	8.2	0.1	0.16	0.1	0.15
	vegan chocolate	71.4	119	0.54	0.9	11.28	18.8	8.94	14.9	2.64	4.4	1.92	3.2	0	0	0	0
	yuzu sorbet	67	134	0.45	0.9	17	34	19.5	29	0.45	0.9	0.45	0.9	0	0	0.1	0.2